**I am a Booger Treat me with Respect**

**A Hygiene Lesson**

**Purpose:**

To educate students on acceptable good hygiene.

**Materials:**

I am a Booger…Treat Me with Respect! (book)

**Time:**

Approximately 20 minutes

**Focus:**

Have everyone hold up their hand. Talk about germs, invisible yucky stuff, and why we need to be clean. Ask students where they might touch dirt and germs. Have students pretend to wash their hands, brush their teeth, wash their hair.

**Lesson:**

Say, “Your nose is another place that has germs. Our noses keep germs from getting into our bodies. We are going to read a book about our nose and boogers.”

Read students the book about boogers.

**Closure:**

Give each student a kleenex to make a “booger ghost” (put the kleenex over index finger to make it look like a ghost- example in the book).

**Extension:**

Invite the nurse, a local dentist, etc. to come talk to the kids.

Germ transfer object lesson: Pretend to sneeze and put washable paint/toothpaste and touch surfaces around the room to show how germs spread. OR use this cool kit:

Glo Germ visual tool for handwashing: <https://www.glogerm.com/>